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The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

Keep the flu from flattening you with this all-in-one flu survival pack

by Michele Cagan

Last year brought one of the worst flu seasons we've seen in a long time, striking hard and fast.

More doctor visits, more hospitalizations, more flu-related deaths than we've seen in years.

Over 12,300 people were hit with a flu virus so bad it landed them in the hospital, and nearly half of them were 65 or older. And the percentage of deaths "exceeded epidemic thresholds," according to the CDC—meaning that last year's flu struck in epidemic proportions.

So the push for you to get a flu shot has already started—you can't go to Walgreen's or Target without being hounded about getting one.

Don't. Skip the shot instead.

It won't protect you. It may harm you.

Besides, there's something much better you can do to prevent the flu... and to cure it when it strikes

Don't be bullied into a probably useless, possibly harmful flu shot

They'll use scare tactics.

"You could die if you don't get your shot."

"What if you infect your grand-baby?"

"You're in a high risk group, so you really need to get it."

But this is important to remember: They are trying to sell you a product that does not work. They can't push it on the

merits, because there aren't any. So they have to resort to scare tactics and near-threats to frighten you into buying.

Here's what they aren't saying: Not only will the vaccine likely be ineffective, there's a very good chance it will increase your risk of falling prey to the very disease you're trying to prevent.

Will that flu shot increase your flu risk?

A brand new study indicates exactly that... but you don't see the government recommending you skip it.

No, they're still pushing the flu shot on us, knowing it doesn't really work, knowing it can make you sick, and knowing it may actually increase your risk of coming down with the flu.

A very new animal study¹ proved that flu vaccines made the test animals defenseless to other flu strains. That's right: getting vaccinated against certain flu viruses actually made those animals more vulnerable to severe infection from similar flu viruses.

And the same holds true for us.

A human study² found that vaccinated children produced fewer anti-flu antibodies than children who did not get the flu shot. The unvaccinated children had more antibodies that worked against a wider variety of flu strains.

And Canadian flu expert Dr. Skowronski found³ that people who'd

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Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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All-in-one flu survival pack

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gotten a flu shot the year before were more likely to fall ill with the H1N1 flu the next year. That observation led her to conduct five follow-up studies, all of which confirmed the initial findings.

And with all that evidence piling up right in front of them, the experts still urge you to get a flu vaccine, as your “best protection.”

Even a “good match” can’t protect you... but this can

Last year, during the 2012-2013 near-catastrophic flu season, the flu vaccine was reported to be a good match, meaning that the flu strains they put in the vaccine were very similar to the ones in circulation, and expected to offer good protection.

That vaccine turned out to be completely useless.

Against the very worst flu strain, it offered only 9% protection for people 65 and older... the very people the government claims need the vaccine the most. And overall, the effectiveness was a paltry 27% for that age group, “the lowest in about a decade.” Realistically, though, they consider the vaccine to be protective if it’s found to be 30-40% effective.

That’s crazy! A vaccine that has at best at 40% chance of protecting you, but will likely make you even more vulnerable to the strains they don’t include? No, thanks.

There’s something much better you can do to protect yourself and your family. It helps prevent flu infections from a very wide variety of viruses, knocks them out in the early stages if you do get hit, and can even save you when that tickle in your throat turns into a full-blown debilitating influenza attack.

The easiest flu season you’ve ever had, courtesy of the Winter Survival Pack™

The name says it all: Winter Survival Pack. And it’s literally packed with everything you need to survive even the nastiest flu season... and so much more.

With broad-spectrum protection against flu (and other) viruses, you’ll breeze through the season, escaping the worst of it. And should a tricky flu bug sneak through, you’ll have everything you need to knock it out... fast.

And even if the worst happens, and you’re hit by a flu virus that settles in, you’ll find everything you need to feel better and get better quickly right inside.

Thousands of years of traditional use and decades of modern science clearly show the overwhelming effectiveness of the natural medicines in this kit... better than a barely effective, potentially flu-inducing flu shot any day.

These flu-fighting formulas can save you from even the worst flu attacks

When flu season strikes, you want your immune system to strike back... the right way. Too little, and you’re overwhelmed by the virus. Too much, and your own immune system can turn in to the enemy. You need that perfect balance, a healthy immune system that can wipe out the flu before it starts.

And, to be on the safe side, you want something on hand that calms the most troubling symptoms. Because when the flu gets so strong that it grabs hold and gets into your lungs, you need the most powerful herbs to speed recovery.

That’s what you’ll find in the Winter Survival Pack, the three most powerful immune-supporting, flu-fighting herbal formulas.

- **ImmunoPhase** to keep the nastiest viruses at bay, and relieve symptoms if the flu does take hold
- **BronchoPhase** to keep infections out of your lungs and ease even the most severe coughs and respiratory symptoms
- **HerbSeptic** throat spray for instant pain relief

With these three traditional Chinese medicine formulas in your medicine cabinet, you’ll get more protection and relief than a flu shot could ever provide.

Start with immune support to knock out flu before it takes hold

It's so powerful that it can make you feel better before you start getting sick. And that's the kind of power you really need on hand during flu season.

ImmunoPhase is a wholly modern formula created by Dr. Dexin Yan, one of the world's leading experts in Chinese herbal medicine. After intensive study of three TCM cold and flu staples, Dr. Yan combined the best elements of each, then added additional herbs to counteract even more symptoms. He studied and tested this new formula extensively to determine the exact proportions for each of its fifteen proven herbal ingredients.

And there it was: A single formula that stops colds and flu when you take it at the very first sign of infection, and shortens the duration of an illness if it does set in, relieving symptoms as it works to clear infection. In a head-to-head comparison of ribavirin (an antiviral drug), ImmunoPhase worked better and faster... with no negative side effects.

But what Dr. Yan didn't yet realize was the powerful prevention ImmunoPhase offered. Over the years, taking ImmunoPhase daily during flu season works to prevent infection. The theory is that it sparks your immune system into action against all the minor ailments you're exposed to, and keeps germs from ever incubating into full-blown illnesses.

That combination of prevention and cure comes from a painstakingly chosen formulation of fifteen antiviral, anti-inflammatory, symptom-erasing TCM herbs a combination you must have on hand during flu season.

Restore lung function before it's in the danger zone

BronchoPhase won't help you avoid colds and flu, but it does add something very valuable to the Winter Survival Pack. This formula protects you at the turning point, where the infection moves from your head down into your

chest... where you're most vulnerable.

When the flu takes a decidedly worse turn, you really feel it. Endless hours of coughing start first thing in the morning and continue well into the night, robbing you of your sleep and leaving you feeling weaker and weaker.

The only way to protect yourself is to deal with your cough as soon as it starts—and not just by suppressing it, bringing up phlegm, or killing the infection. Any one of these steps isn't good enough—a speedy recovery calls for all three. And that's just what BronchoPhase delivers.

Each of the thirteen herbal ingredients in BronchoPhase have stood the test of time as key players in the battle against respiratory infections. And as long as your cough lingers, you can keep using BronchoPhase, even if your illness has otherwise cleared up.

Herbal pain spray proven 86% effective for even the worst sore throats

With every single spray, you'll get instant sore throat pain relief plus extra fast healing power.

The moment you feel that first tickle in your throat that could be the start of something bigger, start using HerbSeptic. This powerful oral pain spray has been used in China for decades to eliminate sore throat pain and suppress phlegm in the throat.

Healing essential oils will coat your throat, bringing you instant complete pain relief right where you need it. The primary therapeutic ingredient in the formula is menthol, and it's joined by three more ancient pain-relieving and healing Chinese herbs:

- *Blumea balsamifera* oil
- *Cinnamomum miago* oil
- glycyrrhizic acid

But this pain spray does more than just deal with pain: It also provides immune-boosting, antiviral, and antibacterial properties to speed healing.

In a clinical study of 500 patients suffering from sore throats, HerbSeptic scored an impressive 86% success rate for symptom relief within just five days.

And for more than half the patients using HerbSeptic, symptoms completely disappeared within those five days. Even better, nearly 20% of the patients felt total relief in just three days.

Don't risk this flu season without your Winter Survival Pack™

Protect yourself against the flu the best way, **not** by getting a questionably effective, possibly harmful flu shot.

Armed with your Winter Survival Pack, you'll be able to fight off most infections before they can take hold. And if you are stricken with the flu virus, your Winter Survival Pack will help you get through it quickly and painlessly.

The manufacturer recommendations for each component of the Winter Survival Pack follow:

ImmunoPhase: For people prone to catching colds or flus, take 2 capsules every day, especially if you are in high-exposure situations (like babysitting your grandchildren). At the very first sign of a cold or flu, increase the dosage to 2 capsules, 3 times per day. If a full cold or flu infection develops, take 2 capsules every 3 hours (no more than 10 capsules per day).

BronchoPhase: People prone to chest colds or flus combined with cough should begin taking BronchoPhase at the first sign of illness (along with the ImmunoPhase). The recommended dose is 2 capsules, 3 times per day. For a full-blown chest cold or a flu that's settled in the chest, take 2 BronchoPhase capsules every 3 hours (again, this is best taken along with ImmunoPhase), no more than 10 capsules per day.

HerbSeptic: At the first sign of a sore throat (even a tickle), apply 2 sprays of HerbSeptic—it's easiest to tilt your head back, then use the spray to coat your throat. Once you've sprayed, gargle, swish it around, and try to keep it in place for at least 1 minute, then spit it out. Or, you can pour one ounce of water into a cup, and pump 2 sprays into the water, gargle for 30 seconds,

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The shattering secret of osteoporosis: It's not just killing women (So MEN, keep reading)

by Michele Cagan

“I don't want to break my hip and end up in a nursing home.”

The fear is very real... and the probability is alarmingly high.

Unless you take action today.

Because by the time you feel the first symptom of osteoporosis—the shattering pain of a broken bone—it may be too late.

Gentlemen, before you stop reading because this is a “woman's disease,” consider this:

- one in four of you will break a bone because of osteoporosis
- you're more likely to break a bone because of osteoporosis than to get prostate cancer
- this year, about 80,000 of you will break a hip

So keep reading, and learn about the only supplement that can truly protect you. A supplement that's been proven to reverse bone loss from osteoporosis and increase bone density by 51.5%.

Save yourself from a future of wheelchairs and bedpans

Once you break a hip, your prospects are bleak.

If you're lucky, you'll be almost completely disabled for a short while.

But the chance of long-term, even permanent, disability is frighteningly high. And the chance of death is staggering.

The only solution here is to prevent this tragedy, but to do that you must...

Act right now.

You have no time to waste: You must give your bones the only substance that can make them stronger.

The only substance that can rebuild healthy bone tissue, and protect you from a potentially deadly fracture, and a life lived in a wheelchair. It's the only way to stop *and reverse* osteoporosis. And you need to start now, because

stopping bone loss and rebuilding bone mass takes time.

The life-altering consequences of osteoporosis

By the time you know you have osteoporosis, you may have already suffered a fracture. In fact, every year osteoporosis causes more than 8.9 million fractures worldwide—that works out to an osteoporosis-related fracture every 3 seconds.

After you've broken one bone, your chances of breaking another skyrockets by 86%.

Gentlemen, your risk of death in the first year after a hip fracture is nearly 20% higher than it is for your wife.

And you probably already know that hip fractures can be the worst of all... but what you may not realize is how deadly they can be, even for otherwise healthy people. Once you've fractured a hip, your risk of death within one year doubles, and that increased risk lasts for a full five years.

But death isn't the only horrifying consequence of hip fracture—the break can cause some of your worst nightmares to come true:

You need help to get out of bed.

You can't get off the toilet on your own.

You can't pull on your pants.

You'll be confined to a wheelchair for the rest of your life.

They'll be forced to put you in a nursing home.

I wish I could tell you those horrors are unrealistic, but they happen to more and more people every day. In fact, about 60% of hip fracture survivors can't function independently even after a whole year's gone by.

But you still have time to change that grim prognosis. All it takes to stop bone loss, increase bone density, and fight osteoporosis and its devastating impact is a tiny little pill... but not one that's fabricated by the drug companies.

Big Pharma drugs worse than doing nothing

Sally Field and Blythe Danner have it all very wrong.

Drugs like Boniva and Prolia will not fix your bones. In fact, it's quite the opposite. These drugs can cause fractures. Even worse, they can literally kill your bones.

Two horrifying side effects are caused by bisphosphonates (like Boniva) and denosumab (Prolia):

1. Unusual thigh bone fractures, where your thigh bone becomes so weak that it breaks for no apparent reason. You didn't fall or get hit by a car, you're just standing around and your leg breaks.
2. Osteonecrosis, which translates directly to mean “bone death,” especially in the jaw bone.

And aren't dead bones and broken bones exactly what we're trying to prevent here? Whatever FDA sell-out approved these drugs and their star-studded commercials should be ashamed of himself.

What you need instead is a real solution, something that works the right way to restore your bones to fighting strength. Something proven to rebuild healthy bone without causing debilitating or even deadly side effects.

And there's only one thing that can do it.

HSI gets it right again: Miracle supplement increases bone density by 51.5%

When we first alerted you to this revolutionary osteoporosis product back in February 2010, we knew we had

uncovered something very special. Even though there was very limited data at the time, we believed in its promise to reduce and reverse bone loss from osteoporosis.

And we introduced you to Caren Singer, a woman with severe osteoporosis whose DXA scans had shown a staggering 25% spinal bone loss, who saw her bone loss completely stop, then reverse. After just eight months using Ostinol, the bone-building miracle supplement, Caren's bone density had increased by 10%. And that was just the beginning...

That was three years ago. And now, her results are so stunning that researchers wrote a case study² about Caren that was accepted for publication in *Integrative Medicine* (a prominent medical journal)... a near impossibility for a single-patient case study.

But with results like Caren's, the data was too strong to ignore.

You already know that her bone density improved by 10% after just eight months. And the amazing results just kept coming. In just 34 months—less than three years—Caren's bone density increased by 51.5%, thanks to Ostinol.

She does not have osteoporosis any more.

Turning on your own stem cells to grow new bone

The fix seems simple on the surface: To hold off bone loss, stop the cells that carry away old bone tissue. That ill-advised strategy is exactly what most of Big Pharma's osteoporosis drugs do... only they do it with hazardous results. Because leaving old bone tissue in place is the very thing that causes bone death (osteonecrosis).

When you take that short-sighted approach, bone loss *appears* to stop. But what really happens is your bones are filled with old, imperfect tissue, and there's no place at all for new bone to grow.

So Ostinol takes the opposite approach, a brilliant way to come at the problem. Instead of turning off your *osteoclasts* (the cells that remove old bone), it stimulates your special bone-building cells, *osteoblasts*.

Ostinol contains special biologically active proteins known as BMPs (bone morphogenic proteins). And BMPs are the only thing that can turn on that stem cell process to grow new bone and cartilage, no matter how old you

Nearly two million American men are affected by osteoporosis, which causes about 600,000 fractures every year.³

are, no matter what shape you're in.

In fact, BMPs have been the standard compound used in bone surgeries since the 1990s—surgeons literally pour BMPs directly on the bone to jumpstart healing. It's been the subject of more than a thousand scientific studies. And with that history of safety and visible effectiveness, you can trust Ostinol to help you rebuild bone without any negative side effects.

Plus, now with brand new healthy bone tissue, all the calcium and minerals you've been taking have somewhere to stick, improving your bone quality even more.

"The only side effect I've had is NO PAIN!"

You may have noticed the word *cartilage* in that last section—I snuck it in for a reason. Because while Ostinol is proven to regrow bone in the most severe cases of osteoporosis, it can also

Death, Debility, and Destitution Following Hip Fracture.¹

That's the alarming title of a 2013 study, where researchers examined the records of more than 86,000 Medicare patients, half of whom had hip fractures. The results were as disturbing as the study title. The hip fracture patients faced

- Twice the risk of death
- Four times the risk of ending up in a nursing home
- And double the chance of ending up with low-income status

work wonders for osteoarthritis and joint pain.

To prove that, the manufacturers (Zycal Bioceuticals) recruited HSI members just like you to take Ostinol for their knee or hip arthritis.

It worked. Fast. HSI members were going for walks, climbing ladders, and gardening all without the excruciating arthritis pain they'd been suffering for years. And they couldn't wait to share their success stories with me.

Like Janis Forester, who was desperate to avoid the hip replacement surgery her doctor predicted she'd need very soon. So she decided to give Ostinol a try instead—and it started working, almost right away. That success seemed short-lived, so she talked to the team at Zycal, and they helped her figure out the right dosage and regimen for her

Janis was thrilled to finally find something that erased her pain without making her sick (some medicines, like aspirin, upset her stomach).

"Now," she told me, "the only side effect I've had is no pain!"

Take Ostinol™ today to strengthen your bones and prevent tragic fractures

There's only one way to reverse bone loss... and it doesn't come from Big Pharma.

Ostinol contains the only substance proven to stop bone loss, regrow new healthy bone, and increase bone density... all without causing shattering side effects.

Ostinol dosage depends on your unique situation. The product comes in three different strengths: 150 mg, 350 mg, and 450 mg.

For people with bone density still in the normal range, the recommended dose is 150 mg of Ostinol per day.

For people with mild bone loss or osteopenia, the recommendation is 350 mg once or twice a day. If the bone loss is rapid, or arthritis is also a problem, take two 350 mg capsules twice a day.

For people already suffering severe bone loss or osteoporosis, the recom-

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In just one month you can turn Alzheimer's anxiety into peace of mind with this brain-saving Ayurvedic formula

by Michele Cagan

When you walk into the kitchen, your wife is staring at a can of soup with no idea how to open it...

Your husband doesn't recognize you, and angrily insists you're lying when you tell him who you are...

Frustration fills the air.

Both of you feel the strain: the one slowly losing brain function and the one forced to watch it happen. It gets worse every day, making you feel trapped in your own life. The constant stress drains and weakens you.

Dementia and Alzheimer's disease steal more than just memories... they steal your whole mind, your whole life. And there's nothing that modern medicine can do to stop it. Nothing at all.

Because mainstream medicine is so narrowly focused on single cause/single cure, they will probably never figure this out.

And that's why you'll only find a real answer—one that helps both of you—if you look toward ancient traditions.

That is where a comprehensive solution lies, one that not only restores precious memory and focus, but helps ease all the frustration and anxiety that both dementia and Alzheimer's patients and their spouses struggle with every single day.

Everything about you... your whole life... starts with your mind

Here's where mainstream medicine has it all wrong: They look at your mind as just another part of your body with symptoms.

In the Ayurvedic perspective (the ancient medical system of India), your mind is everything. It's the point of the entire system of medicine, the ultimate focus.

And because your mind is gifted and complex, so is Ayurveda. The basis

of their medicine includes a vast collection of plants that specifically support your mind and emotions.

It makes sense: The mind is all about chemistry, and plants play a great role in mind biochemistry. It's why we drink coffee to stay awake and pay attention. Why chamomile tea calms us down.

Every plant has specific effects. And in ancient Ayurvedic tradition—which started thousands of years ago—medicinal plants were combined based solely on their tastes.

That tradition brings us MindCare, a complex Ayurvedic formula that encompasses all the paths that lead to a strong, clear mind.

A single formula that brings clarity back to patients, and sanity back to caretakers

Unlike single-focus drugs that hone in on one brain chemical or one protein target, MindCare does just what its name implies: It includes healing herbs that care for your whole mind.

And that's why it works.

Because Alzheimer's disease and dementia aren't only about memory loss—though that seems to be Big Pharma's main focus.

They impact many different pathways, including visual perception (can you trust what you think you see?), reason and judgment, communication, focus and attention, and executive functions like planning and preparing. So any true solution has to address all of this... and memory storage and recall as well.

This broad focus does something else no pharmaceutical drug aimed at Alzheimer's disease can ever do.

With its total mind perspective, MindCare helps improve cognitive function but also the emotional issues associated with chronic stress and anxiety. So it

helps both of you, the one suffering from the disease and the caretaker.

Powerful total brain formula centers around Ayurvedic memory miracle herb

A few months ago, in your July 2013 *Members Alert*, you read about bacopa—the Ayurvedic memory miracle herb. And for many of you, it restored precious brain function. But not every herb works for everybody... and bacopa is no different.

To make its brain-boosting properties even more potent and focused, learned Ayurvedic herbalists designed a more comprehensive formula, with powerful bacopa at the center. The other ancient ingredients all take advantage of bacopa's natural chemistry to help direct the herb along specific pathways.

The final formula is called MindCare, and as satisfied customers have reported, it works like magic to restore calmness, clarity, memory, and cognition.

And something very important separates MindCare from other herbal brain formulas...

The individual ingredients in MindCare have been studied (separately) in at least 72 published trials. But that wasn't enough for herbalists who created the formula. To make sure MindCare really worked, they ran three distinct trials—and all three returned very positive results.

78% of patients regain learning ability in just 30 days

When they tested MindCare in 60 patients suffering from chronic memory disturbances, the results were fast and noticeable. After just 30 days of treatment with MindCare (2 capsules, twice a day), symptoms were dramatically reduced.

For the patients enduring each symptom:

- 78% of patients had increased learning ability
- 75% saw improved concentration
- 89% had decreased depression

With all that brain power and emotional energy restored, life takes an encouraging turn for the better, setting the stage for even more positive improvement.

94% of patients report no more mental fatigue with MindCare

Mental fatigue strikes all of us, but for those suffering from dementia, the impact can be enormous. When our minds are exhausted, frustration and irritability set in. It's harder to remember things. And it can make us feel physically tired and drained as well.

MindCare is proven to address all of that.

In a randomized double-blind placebo-controlled clinical trial, researchers assessed mental fatigue symptoms in 100 patients. The patients were split into two even groups, one of which got two MindCare capsules twice a day, the other of which got placebo capsules. The results were evaluated based on symptom relief and Piper Fatigue Scale (PFS) scores.

By the end of the four-week trial period, substantially more patients in the MindCare group were feeling symptom relief in every category:

- irritability
- lack of energy
- tiredness
- memory disturbance
- loss of appetite

And practically all of the patients taking MindCare—94% of them—scored zero, meaning *no* mental fatigue at all, on the PFS.

MindCare tames anxiety symptoms and calms your mind

Anxiety wreaks havoc on your mind and body... and can even produce some dementia-like effects when it runs unchecked. What's more, anxiety and stress take a terrible toll on memory, partly because they impact crucial brain chemicals (neurotransmitters).

Those neurotransmitters—which

include acetylcholine and serotonin—play an important part in memory organization. So when they're even slightly out of balance, the way your brain records and registers information can be hindered.

Luckily, this is another way that MindCare positively impacts your brain.

In a one-month double-blind placebo-controlled trial, researchers learned just how well MindCare acts on clinical anxiety symptoms. Fifty anxiety patients were recruited for the study, and separated into two groups: one group took two MindCare capsules twice a day, the other group took placebo capsules.

By the end of the one-month study, substantially fewer patients in the MindCare group were exhibiting anxiety symptoms than in the placebo group. They had improved in every measured category: tension, anger, numbness, and headaches.

It's also worth noting that 32 study participants were taking high blood pressure medication, and 21 patients were taking diabetes medication. The MindCare did not interact or interfere with these medicines in any way, and had no negative impact on the conditions. On the contrary, on average patients taking MindCare saw modest additional decreases in both blood pressure and blood sugar.

And it all starts with Ayurvedic memory miracle herb, bacopa.

Comprehensive brain support in a single powerful herb... made even more powerful

It's a drug company's worst nightmare, a healing plant with more than 130 compounds that play roles in its medicinal capabilities. How on earth will they be able to pinpoint the "right one?"

The answer is, they can't. Because Ayurvedic super herb bacopa is more than just a collection of compounds. It's the lead ingredient in MindCare because of its overwhelming effect on numerous brain functions.

In addition to improving cognitive capabilities, bacopa helps ease anxiety and distress, combats mental fatigue,

brings on a sense of calmness and clarity, and even increases the amount of new information your brain can hold. That's why Ayurvedic tradition uses this herb to prevent, treat, and combat dementia and Alzheimer's disease.

And in that tradition, bacopa is combined with other specific herbs to more strongly direct it toward healing pathways.

Ayurvedic herbs guide bacopa through multiple pathways for complete mind care

With supportive herbs to direct it, bacopa does even more than it could alone.

Guiding herbs like gotu kola, jatamansi, dwarf morning glory, finger-leaf morning glory, and Indian valerian steer you toward restful sleep with vivid dreaming. That full deep third REM stage sleep is critical for tissue recovery, allowing your brain to repair itself.

Other herbs help bacopa move in nerve pathways. Ashwagandha soothes frayed nerves and calms the jitters. Almond seed calms an agitated mind.

Herbs like celastus help bacopa promote intellect and memory formation. Velvet bean seed traditionally promotes intelligence. And arjuna, most well known for its cardiovascular properties, supports your brain and cognition through your heart.

Another group of Ayurvedic staples opens a new direction, for mind-digestion flow, because your brain's influence is first seen in your stomach (like when you're nervous and feel butterflies). That perspective brings digestive herbs like cloves, nutmeg, ginger, fennel, and cardamom into the formula. And oroxylum helps bacopa ground your digestive function, especially in the intestines, calming a GI tract agitated by stress.

By working through multiple pathways, MindCare rejuvenates and restores your precious brain function, whether it's been ravaged by dementia or Alzheimer's or devastated by the worry and frustration of watching a loved one slip away.

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All-in-one flu survival pack

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then spit it out. You can use HerbSeptic up to 4 times per day.

These three formulas are designed and meant to be used together, to help you wipe out infections and erase symptoms as quickly as possible. However, if you're stricken with ongoing

symptoms such as a very high fever, extreme weakness, or dehydration, make sure to contact your healthcare professional.

You can find ordering information for the Winter Survival Pack in your Member Source Directory below. **HSI**

The shattering secret of osteoporosis

(continued from page 5)

mendation is 450 mg of Ostinol once daily. If the bone loss is rapid, or arthritis is also a problem, take 450 mg of Ostinol twice a day.

If you're not sure which strength and dosing are right for you, call the manufacturer. They offer free consultation with their in-house experts to help figure

out the best regimen for you to try.

You can find ordering information for Ostinol in your Member Source Directory below. **HSI**

Turn Alzheimer's anxiety into peace of mind

(continued from page 7)

MindCare brings back your peace of mind, even if you've been living with dementia or Alzheimer's disease

It's impossible to live easily with dementia or Alzheimer's disease, whether you're the one suffering the disease or the one watching your beloved disappear, leaving behind a troubled stranger.

MindCare can help both of you enjoy life again, by restoring lost brain function, calming troubled emotions, and letting you both get solid, deep sleep.

The manufacturer recommends taking 2 capsules twice daily with meals.

In most cases, changes can be felt within the first few days in terms of focus, mental alertness, and reduc-

tions in mental fog. Memory, recall and cognitive performance can also be improved within the first week with steady improvements lasting into the next several weeks and months, so allow several weeks for the full benefits to kick in.

You can find ordering information for MindCare in your Member Source Directory below. **HSI**

MEMBER SOURCE DIRECTORY

Ostinol, Zycal Biocuticals, Inc., PH: (888) 779-9225; www.zycalbio.com. HSI members are entitled to exclusive savings on Ostinol™ purchases in 350 and 450 mg strengths: bottles of 350 mg capsules cost US\$79.00 and bottles of 450 mg capsules cost US\$109.00. Save 10% on 1 bottle, 15% on 2 bottles, and get one free when purchasing 3 bottles of either strength of Ostinol capsules. This offer will be in effect through December 31, 2013. Simply mention HSI when you order.

Winter Survival Pack, Tango Advanced Nutrition, PH: (866)778-2646; www.puretango.com. The Winter Survival Pack costs US\$50.85 (a savings of \$15.00 off the US\$65.85 cost of the items purchased separately). And HSI members will receive an additional special discount of 15%. Simply use coupon code TRIVE3 when you order.

MindCare, Himalaya Pure Herbs, PH: (855)-665-8449; www.himalayausa.com. MindCare costs US\$19.95 for a bottle of 60 Vcaps, and US\$33.95 for a bottle of 120 Vcaps. HSI members only can buy two bottles and get one free (limit two free bottles per customer) plus free shipping through November 30, 2013 by simply using code HSI-MIND. Product only available in the U.S. when buying two, or two free bottles when buying six. Simply mention HSI to take advantage of these special savings.

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